



Smart Fig-Glazed Chicken Meatballs with Mustard-Tossed Roasted Veggies

Calorie Smart

Carb Smart

35 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.

Happy cooking!



Ground Chicken



Double Ground Chicken



Chicken Stock Powder



Italian Breadcrumbs



Garlic, cloves



Fig Spread



Carrot



Green Beans



Red Potato



Whole Grain Mustard



Chives



White Wine Vinegar

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

2 Baking sheets, medium bowl, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl

Ingredients

	2 Person	4 Person
Ground Chicken ♦	250 g	500 g
Double Ground Chicken ♦	500 g	1000 g
Chicken Stock Powder	1 tbsp	2 tbsp
Italian Breadcrumbs	2 tbsp	4 tbsp
Garlic, cloves	1	2
Fig Spread	2 tbsp	4 tbsp
Carrot	170 g	340 g
Green Beans	170 g	340 g
Red Potato	150 g	300 g
Whole Grain Mustard	1 tbsp	2 tbsp
Chives	7 g	14 g
White Wine Vinegar	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1 Prep and roast potatoes and carrots

- Cut **potatoes** into ½-inch pieces.
- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Add **potatoes, carrots** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Roast **veggies** in the **middle** of the oven until softened slightly, 12-13 min.



4 Roast green beans

- After **potatoes** and **carrots** have roasted for 12-13 min, carefully remove the baking sheet from the oven.
- Add **green beans** to the baking sheet with **veggies**. Season with **salt** and **pepper**, then toss to coat.
- Continue roasting, until **all veggies** are tender, 11-13 min.



2 Finish prep

- Meanwhile, trim, then halve **green beans**.
- Thinly slice **chives**.
- Peel, then mince or grate **garlic**.
- Combine **vinegar, half the chives, half the garlic, half the mustard** and **half the fig spread** in a small bowl. (**NOTE:** This is your mustard dressing)
- Add **chicken, stock powder, breadcrumbs, remaining garlic, remaining mustard** and **½ tsp** (¼ tsp) **salt** to a medium bowl. Season with **pepper**, then combine.

If you've opted for **double chicken**, add an **extra ¼ tsp** (½ tsp) **salt** to the **chicken mixture**. (**TIP:** For 4 ppl, if you prefer a more tender meatball, add 2 eggs to the mixture!) Roll into **16 equal-sized meatballs** (32 meatballs for 4 ppl).



5 Glaze meatballs

- Meanwhile, combine **remaining fig spread** and **½ tbsp** (1 tbsp) **butter** in a large bowl.
- When done, transfer **meatballs** and **any juices** to the bowl. Gently toss, until **butter** melts and **fig glaze** coats **meatballs**. (**TIP:** If glaze is too thick, add 1-2 tsp water to loosen.)



3 Roast meatballs

- Roll **chicken mixture** into **8 equal-sized meatballs** (16 meatballs for 4 ppl).
- Transfer to a parchment-lined baking sheet.
- Roast in the **top** of the oven, flipping halfway through, until cooked through, 10-12 min.**



6 Finish and serve

- When **veggies** are done, add **½ tbsp** (1 tbsp) **butter**, then drizzle **mustard dressing** over baking sheet. Toss, until **butter** melts and **veggies** are coated.
- Divide **roasted veggies** and **fig-glazed meatballs** between plates.
- Sprinkle **remaining chives** over plates.

Dinner Solved!